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PENSION CONUNDRUM
TAKE A LUMP SUM OR RIDE IT OUT? {page 16}

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TURKEY AND BROCCOLI PASTA {page 13}

TOMBOY
OSCAR NOMINEE LAWRENCE RECALLS ROOTS {page 11}

VANCOUVER metro®
Tuesday, February 22, 2011
www.metronews.ca
News worth sharing.

Arrest in teen's slaying

18-year-old charged with the first-degree murder of Laura Szendrei ◗ Victim's father causes a stir in court ◗ Crown looking to try the suspect as an adult

MATT KIELTYKA
@METRONEWS.CA

The family of slain teen Laura Szendrei came face to face with her alleged killer yesterday.

The young offender, now 18, appeared in Surrey provincial court after being arrested Sunday and charged with first-degree murder for the Sept. 25 beating death.

"It's time to meet the rest of the family," said Laura's father Mike, who was obviously still grieving, at a Delta police press conference earlier in the day.

In court, he let his emotions get the better of him.

"See you, little sh-t," he said as the accused was being led out of the room.

Szendrei was brutally bludgeoned in Delta's Mackie Park in broad daylight and found by her friends critically injured in the bushes lining a walking path.

She died soon after in hospital.

The 15-year-old's death caused shockwaves throughout the community. Uneasiness set in as months went by without a break in the case.

The breakthrough came Sunday, as an 18-year-old Delta man was arrested without incident.

The first-degree murder charge means, by definition, the assault was premeditated in some way.

But police spokesperson Sgt. Sharlene Brooks wouldn't say whether Szendrei was specifically targeted or just happened to be the victim because "an opportunity presented itself."

"We do believe the public has a right to know," she said. "All of those particulars will come forward in the courts."

Crown counsel is seeking to try the suspect as an adult.

A memorial march for Szendrei is being planned for April.

For more news, visit metronews.ca/vancouver

MATT KIELTYKA/METRO

▶ Mike Szendrei, the father of slain teen Laura, tries to keep his emotions in check yesterday as Delta police announce first-degree murder charges have been laid in his daughter's death.

Charges laid in fatal hit and run

Coquitlam man accused of impaired driving {page 3}

260 days of marital sex

Alberta couple blog about 5-night-a-week regimen {page 7}

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CHEVROLET.CA

Vehicle disputes go out of court

Vancouver launched a new ticket dispute process yesterday that takes disputed tickets out of the provincial court system and into city-based adjudication.

Janice MacKenzie, Vancouver deputy clerk, said similar systems in other municipalities have been successful — more tickets are paid, and fewer end up being disputed.

MacKenzie added that the dispute process will now be less time-intensive and will help unburden backlogged provincial courts.

Under the new system, ticket recipients can choose to pay or file a dispute within 14 days of receiving an infraction notice.

If tickets are paid within the same two weeks, recipients will be rewarded with a 50 per cent reduction in fines.

The city believes discounted fines will mean more tickets are paid, and expects to increase collection revenue by $1.2 million this year and up to $3.7 million by 2014.

Unpaid tickets will be sent to a collection agency. The changes will take effect today, and are not retroactive. Cases can be heard in person, over the phone, or online.

NATALIE KAUR JOHAL

NATALIE KAUR JOHAL/FOR METRO

▶ Bylaw officer Steve Shinee enters vehicle information into a handheld ticket device.

Hit and run accused faces nine charges

Charlene Reaveley and Lorraine Cruz were killed on Lougheed Highway early Saturday morning

KRISTEN THOMPSON
@METRONEWS.CA

Charges have now been laid against a 37-year-old Coquitlam man accused of running over and killing two young women on Lougheed Highway, then driving away.

Cory Sater faces nine counts including impaired driving causing death and failure to stop at the scene of an accident.

Sater was arrested on Sunday and is slated to appear in court for his bail hearing on March 3.

His lawyer appeared in court on his behalf yesterday.

Dr. Joti Samra, a clinical psychologist, said it's not uncommon for drivers — impaired or not — to flee an accident, and that the instinct to do so is often motivated by shock rather than malice.

"We like to believe that good things happen to good people and bad things happen to bad people, and here's a stunning example of (the reverse)."

DR. JOTI SAMRA, VANCOUVER PSYCHOLOGIST

"We react to traumatic events in stunning ways," Samra said. "(In retrospect) it seems obvious what to do, but in that moment they're not thinking rationally."

Samra said the driver responsible for these tragic deaths made an "irreparable" mistake he will have to live with forever.

FACEBOOK.COM

▶ Charlene Reaveley

Vancouver too hot for locals

Vancouver really is a jewel.

Everyone wants it, but few can afford it — according to two recent studies.

The Economist Intelligence Unit, for the fifth-straight year, named Vancouver the world's most livable city yesterday.

Realtor Ryan DeLuca isn't surprised.

"Vancouver has the natural beauty and also has the most temperate climate in Canada," he said. "People flock here for a combination of reasons."

But the good life comes at a cost.

The average price of a home now costs over $1 million, and the seventh annual Demographia International Housing Affordability Survey released Jan. 24 found Vancouver the third most unaffordable city in the world.

MATT KIELTYKA

JEFF HODSON/METRO FILE

▶ Stanley Park seawall

News in brief

Targeted shooting hits wrong house

GANG MEMBERS. Abbotsford police say it's lucky no one was injured when someone opened fire on a Hope Road house in a targeted shooting aimed at the wrong home. Investigators believe the intended target was a member of the Guhre gang who lives elsewhere. METRO

Drunk pushes senior off cliff

BIRDWATCHER. An elderly Victoria man is in hospital with a broken pelvis after a drunk man pushed him off a cliff and then fell on top of him in an unprovoked attack. Police say the victim was bird watching. METRO

1 news

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Guidy Mamann explores a new policy for missed correspondence by visa applicants. More at metronews.ca/immigration

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'Brain pacemakers' may offer new hope to fight mental illness. Scan the code for the story.

SFU to isolate Earhart's DNA

Negative DNA extraction could take 6 months Positive extraction could take more than 1 year to verify

JEFF HODSON
@METRONEWS.CA

A forensic scientist at Simon Fraser University hopes to use a few samples of dried spit to help solve aviation's greatest mystery.

SFU researcher Dongya Yang aims to extract Amelia Earhart's DNA from saliva she used to seal a handful of letters prior to her famous 1937 disappearance during her attempt to fly around the world.

"It's the greatest aviation mystery of all time," said Elgen Long, an Earhart expert during an interview yesterday from his home near Reno, Nevada.

"For about 30 or 40 years, practically every island and every country in the world claimed that Amelia Earhart had been there — and made headlines every time she did."

In 1971, Long, who is now in his mid-80s, was awarded the Gold Air Medal from the Federation Aeronautique International as the first person to fly solo around the world across the North and South poles.

Shortly afterward, he and his late wife, Marie, began an almost four-decade journey to piece together Earhart's disappearance and amassed more than 300 hours of interviews with more than 100 mechanics, radio technicians, weather experts and hotel owners.

They also collected 25,000 pieces of paper and letters and about 3,000 photographs. Together they penned the definitive work on the mystery, Amelia Earhart: The Mystery Solved, in 1999.

Now his grandson, Justin Long, a health sciences student at SFU, has gathered four letters for analysis by Yang.

All were penned by Earhart and were sealed with her saliva.

"Really, you're harvesting from dried spit," said Justin Long. "(Yang) is looking for any epithelial cells that were left over when Amelia seals the letters."

CONTRIBUTED

▶ SFU forensic scientist Dongya Yang with one of Amelia Earhart's letters.

For more local news, visit metronews.ca/vancouver

Local link to Earhart

The mystery about Amelia Earhart's disappearance has a second local connection, says expert Elgen Long. In the early '90s, a Vancouver man named Hugh Leggatt, who was working for gold giant Placer Dome in Papua New Guinea, found a report penned by the head of Guinea Airlines with data about Earhart's speed and winds at the time of her disappearance. METRO

on the hou$e

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News in brief

Ex-minister speaks out

Former B.C. cabinet minister Wally Oppal says the face of Canada will change forever if the courts recognize multiple marriages. Oppal was attorney general when two leaders of the community of Bountiful were charged with polygamy, but those charges were tossed out due to a legal technicality. Oppal says he believes polygamy is contrary to Canadian standards.
THE CANADIAN PRESS

Surrey surgery, outpatient site named after billionaire

The Fraser Health Authority will be naming its newest outpatient care and surgery centre after Jim Pattison, the province has announced. The local entrepreneur donated $5 million toward the Surrey Memorial Hospital Foundation's "100 Days To Give" campaign. The centre is set to open in June.
METRO

YVR's quest to fight hunger

YVR is launching a project to alleviate hunger in Vancouver with Quest Food Exchange today. Quest will divert airport food waste from the landfill by repackaging it and making it available to those in need through its three low-cost grocery stores in the Lower Mainland. METRO

Man gets apology from police

A 51-year-old Kelowna man who was allegedly kicked in the face by an RCMP officer during a January arrest received an apology yesterday from police. Senior officer Peter Hourihan visited Buddy Tavares at his home yesterday, apologizing for the incident. Const. Geoff Mantler has been suspended with pay in relation to the incident.
METRO

Opera awarded special grant

City Opera Vancouver has been awarded a grant of $250,000 from the Annenberg Foundation, in what is believed to be the largest single commission in Canadian history. The grant will finance a new chamber opera.
METRO

Canada Place sail roof replacement complete

The replacement of Canada Place's 30-metre-high iconic sail roof is now complete, the organization announced yesterday alongside Prime Minister Stephen Harper.

Construction began last year on the $21-million roof replacement, which was funded by the federal government.

"Funding through the Economic Action Plan has helped us ensure that Canada Place remains a symbol of national pride and hub of economic activity ... for years to come," said Mike Sharlow, president and CEO of Canada Place, in a release.

"The majestic sails are an internationally recognized symbol. We are thrilled that ... the sails will create a legacy and benefit communities at home and around the world," Sharlow said.
NATALIE KAUR JOHAL

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6.3 MAGNITUDE

Deadly earthquake strikes N.Z.

A powerful earthquake slammed New Zealand's already-bruised city of Christchurch late yesterday, killing at least 65 people, and sending rescuers scrambling to help people trapped under collapsed buildings.

The 6.3 magnitude earthquake hit the country's second-largest city around lunchtime, collapsing buildings and sending bricks and other heavy debris toppling into busy city streets. It was the second major quake to strike Christchurch in the past five months.

Video footage showed some multi-storey buildings collapsed in on themselves, and others with walls that had collapsed into the streets. Groups of people helped victims clutching bleedings wounds, and others were carried in makeshift stretchers to private vehicles. THE ASSOCIATED PRESS

Yemen protests continue

Yemen's leader yesterday rejected demands that he step down, but protests seeking President Ali Abdullah Saleh's ouster did not let up. Tens of thousands rallied in four cities, including the capital of Sanaa. At least 11 people have been killed in anti-government protests this month. THE ASSOCIATED PRESS

Another Mubarak has problems

A judge in Dubai, who couldn't hold back a smile, slapped Hosni Mubarak with a fine for illegally consuming alcohol in public. No, not that Hosni Mubarak. This one is a Pakistani namesake of the ousted Egyptian president who was in a Dubai misdemeanours court Sunday. THE ASSOCIATED PRESS

Gadhafi losing grip as protests sweep Libya

THE ASSOCIATED PRESS/ALAGURI

▶ A girl displays the victory sign in Benghazi, Libya, yesterday, where protesters claimed control of the country's second largest city.

World calls on government to stop 'appalling' crackdown

Deep rifts opened in Moammar Gadhafi's regime yesterday, with Libyan government officials at home and abroad resigning, air force pilots defecting and a bloody crackdown on protest in the capital of Tripoli, where cars and buildings were burned. Gadhafi went on state TV early today to attempt to show he was still in charge.

World leaders expressed outrage yesterday at the "vicious forms of repression" used against the demonstrators.

The longest-serving Arab leader appeared briefly on TV to dispel rumours that he had fled.

"I am here to show that I am in Tripoli and not in Venezuela. Don't believe those misleading dog stations," Gadhafi said, referring to the media reports that he had left the country.

Pro-Gadhafi militia drove through Tripoli with loudspeakers and told people not to leave their homes, witnesses said, as security forces sought to keep the unrest that swept eastern parts of the country — leaving the second-largest city of Benghazi in protesters' control — from overwhelming the capital of two million people.

U.S. Secretary of State Hillary Rodham Clinton called on Gadhafi to "stop this unacceptable bloodshed" and said the world was watching the events "with alarm."

British Prime Minister David Cameron, visiting neighbouring Egypt, called the crackdown "appalling." THE ASSOCIATED PRESS

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Blogging 260 days of marital sex

- Couple aims to have intercourse five days a week
- Wife says marriage has never been stronger

JEREMY NOLAIS
@METRONEWS.CA

A Calgary husband and wife are in the midst of documenting a daunting challenge likely to make even the most liberal lovers ache in empathy.

Intimacy had always been a point of contention for Ryan and Melanie since the two were married nearly eight years ago.

The couple asked that their last name be withheld and that Melanie's first name be altered to avoid workplace conflict.

As Ryan puts it, they were faced with an "imbalance in sex drives."

"I was ready to go most of the time," he said. "While her words, exactly, were, 'I could probably do it once a year and be happy.'"

Finally, some excitement was found when the two discovered a book detailing a couple's quest to have sex for 101 consecutive days.

"It was highly motivational," Ryan said.

And thus the intercourse expedition began.

Starting Jan. 1, the couple, both 30 years of age, began engaging in sex five times a week, all the while documenting the pains and pleasures — Kama Sutra iPad apps and candle-wax massage included — online at 260days.ca.

Melanie says they have never been closer.

"The more that we do it, the less taxing it has become," she said. "It was about figuring out there were certain things I needed and certain things he needed."

CONTRIBUTED

260 Days | Between the Sheets
HOME
ABOUT
CONTACT US
20
FEB/11
There's an App for That
Melanie was out this morning so I took care of the kids and hung out with my family before they left. I made breakfast burritos for brunch and served up some fresh ground coffee. It was a fantastic morning! Just before noon, Melanie came home and my parents headed home. It worked out nicely because just as my family left, curling came on
iKAMASUTRA

▶ The latest post from 260days.ca, which documents a Calgary couple's year-long mission to have more sex.

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Haney Place Mall

NEW WESTMINSTER
Royal City Centre

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101A – 2748 Lougheed Highway
Coquitlam Centre

RICHMOND
4020 No 5 Road
Aberdeen Centre
Lansdowne Centre
Richmond Centre
Yaohan Centre

SURREY
12845 – 96th Avenue
7500 Scott Road, Unit 104
9182 – 120th Street
1 - 8388 – 128th Street
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KEEPING IT CASUAL IN THE FRIEND ZONE

She says ...

JESSICA NAPIER

All friendships require a certain amount of chemistry. But when two heterosexual people of the opposite sex become buddies, sometimes those friendly feelings can start to resemble something more like sexual tension.

Male-female friendships can be an emotional minefield of hidden desires. Does this mean you secretly want to jump into bed with all of your friends? Of course not. But do you ever wonder how many of them might be interested if the opportunity presented itself? Maybe you and your platonic pal are just a bad breakup and a bottle of wine away from crossing that boundary and hooking up.

So, can two people of the opposite sex ever really be "just friends?"

The Hollywood answer to this age-old question is a decisive HELL NO. On screen, male-female friendships always turn into something more. Harry and Sally, Chandler and Monica, Jim and Pam … do I need to go on? Even the characters in Just Friends wind up becoming much more than the film's definitive title suggests. Cinematic clichés dictate that when reasonably attractive men and women befriend one another they are always on the road to romance, whether they realize it or not.

"So, can two people of the opposite sex ever really be 'just friends?'"

But how much truth is there to this friendship as foreplay theory?

Not a whole lot. Real life isn't a romantic comedy; men and women go to school together, work together and hang out in plenty of platonic settings without falling hopelessly in love with one another.

Last year, a close (female) friend of mine moved in with a new (male) roommate. My immediate reaction was, "You two are definitely going to sleep together." Perhaps I've watched too many rom-coms but it seemed to me that a single man and woman living under the same roof would inevitably end up doin' it.

Much to my surprise the roommate romance never transpired; almost one year later the two of them have never even come close to seeing each other naked. Instead, their cohabitation has come to resemble a sexless marriage. They cook for each other, argue over domestic chores and insist that they never, ever think about each other "that way."

Ultimately, just because two people can have sex doesn't mean they want to. Sometimes guys and gals are better off keeping it casual in the friend zone.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Beer and fitness do mix

Worth mentioning

Beer. It's not just for couch potatoes anymore.

A Bavarian brewmeister is touting its no-alcohol beer as the latest sport drink for athletes, handing it out at the finish line of sporting events and touting its regenerative benefits.

Unlike Gatorade, Erdinger Alkoholfrei is served up with a frothy head. And it comes in one colour — a golden hue — unlike conventional sport drinks.

Several top athletes from Europe quaffed the beverage from giant mugs on the podium of the World Cup biathlons held this month in northern Maine.

The company touts the beverage as an isotonic, vitamin-rich, no-additive beverage with natural regenerative powers that help athletes recover from a workout. In other words, it's carbohydrate-loaded refreshment without the alcoholic buzz of beer or the jitters caused by some energy drinks.

Promoted as a "sports and fitness drink," Erdinger began targeting athletes in 2001 in Europe with an advertising campaign featuring a pair of triathletes. Its popularity quickly grew in Europe, where it's often distributed for free in the finishing area of sporting events.

THE ASSOCIATED PRESS

Cheers

ROBERT F. BUKATY/THE ASSOCIATED PRESS

Are you excited about the Oscars? Why or why not?

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Metro Minute with Nocturne

Twenty-Something Theatre Society presents Adam Rapp's highly acclaimed play Nocturne. It stars local actor Troy Anthony Young and is directed by Sabrina Evertt. Nocturne begins with a former piano prodigy recounting the events that ripped his family apart. At 17, the young man leaves home and sets out for New York City, where he seeks an uneasy refuge in books while reinventing himself as a writer.

Nocturne plays at Havana Theatre (1212 Commercial Dr.) at 8 p.m. from Feb. 22-27. Tickets are $15 to $35 and are available from Tickets Tonight or over the phone at 604-684-2787.

For more information, visit twentysomething theatre.com.

SUNHO CHOI

CONTRIBUTED

▶ Troy Anthony Young stars in Nocturne.

Canadian firms on alert

Companies poised to get workers out of Libya as violence escalates ◗ Tripoli airport remains open

Canadian businesses with a presence in the Middle East are preparing staff evacuation plans as political unrest spreads across the Arab world.

At least three Canadian companies, Suncor Energy, SNC-Lavalin Group and Pure Technologies, were evaluating the security of operations in Libya.

Jack Elliott, president of Calgary-based infrastructure manager Pure Technologies, said the company was preparing to evacuate 14 employees.

Montreal-based engineering firm SNC-Lavalin said yesterday that its employees in Libya were safe, but work on some of its projects had been temporarily suspended.

Suncor spokesman Brad Bellows said the Calgary oil and gas company has contingency plans to ensure staff safety. THE CANADIAN PRESS

"The situation's very unstable there, so we thought it's better to get them out, at least until things settle down."
JACK ELLIOTT, PRESIDENT, PURE TECHNOLOGIES

Leaving Libya

Ottawa has urged Canadian citizens to avoid non-essential travel to Libya.

- Foreign Affairs Minister Lawrence Cannon says there are about 500 Canadians in Libya. There are no immediate plans for a government evacuation.
- Oil giant BP is drawing up plans to evacuate staff in the next couple of days, as are Norway-based Statoil and Italy's Eni oil company.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
Closed yesterday	+ 0.23¢ (101.65¢ US)	+ $4.03 US ($90.23 US)	$3.932 (+ 5.6¢)
			Gold contracts $1,403.60 (+ $15)

BLOOMBERG NEWS, THE CANADIAN PRESS

Facebook ads blend right in

As anyone who uses it knows, it can be hard to tell the ads from the content on Facebook. That's deliberate, says Facebook Canada managing director Jordan Banks.

"A Facebook ad has to be non-interruptive, timely, relevant and personalized," Banks says. In other words, the ads must look and feel just like the free voluntary content Facebook users post on their pages.

Facebook's ad revenue is projected to double to $4.05 billion US this year. But even with a reach of 550-million followers worldwide (including 15-million Canadian visitors a month), social media continue to be a tough sell. Many brands are uncertain how to divide their budget between conventional and new media.

Banks's job is to convince the "top 200 brands" that it's worth being on Facebook. With its massive database of users and detailed knowledge of what they like, Facebook enables brands to connect directly to a specific segment of that audience.

Because people rely on friends and family for trusted advice, the "like" button allows the brand to tie its ad to personal recommendations. "It's word of mouth on steroids," Banks says. TORSTAR NEWS SERVICE

House. On fire

▶ Beijing recently restricted home purchases in a move to deflate bubbles in the real estate market.

ANDY WONG/THE ASSOCIATED PRESS

Bubble trouble

Property prices rose in most Chinese cities last month despite renewed efforts to cool China's overheated market, the government said yesterday. Soaring prices have become a major concern for urban residents as more homes become unaffordable.

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Box Office

Liam Neeson has proven himself a known quantity again at the box office. Neeson's thriller, Unknown, debuted as the No. 1 movie with $21.8 million, following in the footsteps of his 2009 action hit Taken, according to studio estimates Sunday.

Another action tale, I Am Number Four, opened at No. 2 with $19.5 million.

A Warner Bros. release, Unknown stars Neeson as a botanist who awakens from a coma to find his wife claims she does not know him and that another man has taken his identity.

The weekend's other new wide release, Martin Lawrence's comedy, Big Mommas: Like Father, Like Son, was No. 5 with $17 million.

THE ASSOCIATED PRESS

A dogged Aussie filmmaking collective lands at the Oscars, with more movies to come

Behind the scenes on the Red Carpet

Metro talks to E! hosts Ryan Seacrest and Giuliana Rancic about the Hollywood Red Carpet experience How are they preparing for Oscar day? Who are some of the most elegant stars?

METRO: How do you remember all the things about each celebrity you interview on the Red Carpet?
RYAN: I happen to be a fairly ardent film and television junkie, which really helps. Plus I have a great team surrounding me who keep me informed so that I am never really out of the loop.

What is your opinion of Anne Hathaway and James Franco as hosts for the Oscars? Doesn't the show fare better with a comedian as host?
They are true movie stars, and I think they will have viewers eating out of their hands from the moment they walk onstage.

As a popular TV figure you surely get lots of attention when you travel. What is the strangest/funniest proposal you've received from a fan?
Actually, fans are really lovely to me and rarely make inappropriate advances. Of course, there is always the odd stranger who approaches me in a busy airport and truly expects me to get them on Idol based on that chance meeting.

How do you keep things fresh after doing so many Red Carpets? Doesn't it get old?
Every awards show presents new opportunities because of the new material the actors do from year to year. Talking with Jeremy Renner about The Hurt Locker, for example, is very different than talking with him about The Town.

What's the craziest thing you have seen at an awards show afterparty?
I wish I could tell you something, but I am usually preparing for the next day's E! News after the awards shows.

Who do you think throws the best after-party in Hollywood?
For sheer star power and glamour, you really can't beat the Vanity Fair party. It has become an institution and many stars feel like they have not "arrived" until they have been invited.

Who do you think are the most elegant/fashionable male and female celebs who never disappoint on the Red Carpet?
In just a few short years, Anne Hathaway has really become one of the fashionistas to watch. Among the guys, Clooney and Pitt never seem to disappoint fans.

Women spend hours readying for the Red Carpet. How about you, Ryan? Any special grooming regime to prepare for the big day?
There is not really a day that goes by that I am not on camera, so prepping for it is just part of my daily routine. On Red Carpet days, however, I do try to wait as late as possible to shave since my day starts so early. You just don't want to hug Meryl Streep with stubble, you know?

Red Carpet

Showtime. Live From The Red Carpet: The 2011 Academy Awards airs Sunday, Feb. 27 starting at 6 p.m. ET on E!

METRO: Do you actually watch all the nominated movies and shows? Where do you find the time?
GIULIANA: It is simply impossible to watch everything, so I really try to focus on the major categories and the "star vehicles" since I know I will likely be talking with those stars on the carpet. Luckily, by the time Oscars gets here, I've had more time to fill in some of the gaps after Golden Globes.

What is the weirdest thing you have seen on the Red Carpet?
One of the strangest things I've witnessed on the Red Carpet was when the gorgeous young actress Megan Fox said that she thought she looked like a transvestite when she looked in the mirror. She was dead serious when she said that in the interview and it shocked everyone because she is so stunning!

Who was the last celebrity who made you feel star struck, and why?
The last celebrity who made me feel star struck was Al Pacino.

At the last Emmy Awards, he arrived late and wasn't going to do any press, but I ran down to the carpet and brought him back up to the E! platform for an interview that ended up being great!

Do you do any special preparation regarding fashion for the Red Carpet? Do you read up on designers, or do you have people working for you who try to find out who will be wearing what so that you are prepared?
Yes, we have a fashion squad that is devoted to learning who will be wearing what leading up to the big day.

I like to know the designers, trends, colours and silhouettes that are going to be the most prominent on the carpet beforehand so I can let the audience know what to expect.

How much of what you ask the stars on the Red Carpet is your personal choice and how much is from your team telling you what to ask?
Oh, it is a healthy combination of both. Since I research, write and report entertainment news every day,

I already know a lot of what is topical and on viewers' minds. Luckily, I have great producers who will also tell me important bits of information beforehand in our premeetings as we prepare for the big day so that I don't forget to ask something big.

Since you are *on* the Red Carpet *and* doing Fashion Police the next day, aren't you a little worried about what Joan Rivers might have to say about your Red Carpet appearance?
Joan has one of the keenest eyes for fashion in the world. I would gladly accept any constructive criticism she would have.

re online metronews.ca

Folk-rock royalty: The next generation

Rufus Wainwright announces birth of baby girl ◗ Newborn's mother is Leonard Cohen's daughter ◗ Wainwright is himself the son of two folk icons

Montreal-raised singer Rufus Wainwright is a dad — and the baby is the grandchild of legendary musician Leonard Cohen.

Wainwright made the announcement on his website, saying Viva Katherine Wainwright Cohen was born Feb. 2 in Los Angeles.

He said the baby was born to "proud parents Lorca Cohen, Rufus Wainwright and Deputy Dad Jorn Weisbrodt."

Weisbrodt is Wainwright's romantic partner.

Wainwright is the son of Loudon Wainwright III and the late Canadian folk singer Kate McGarrigle. Lorca Cohen's mother is artist Suzanne Elrod, who had two children with Leonard Cohen.

In the posting on his website, Rufus Wainwright referred to himself as "Daddy #1."

"Daddy #1 would like to offer everyone a digital cigar and welcome the little lady in with a French phrase from his favourite folk song, A La Claire Fontaine: "Il y a longtemps que je t'aime, jamais je ne t'oublierai," Wainwright wrote.

He also pointed out that some articles have incorrectly characterized Lorca Cohen as "the surrogate."

"Of course, she is no such thing," Wainwright wrote. "She did not carry the child for someone else. Lorca Cohen is the mother of the baby and Rufus Wainwright is the father."

THE CANADIAN PRESS

▶ Singer Rufus Wainwright is now a proud papa to Viva Katherine Wainwright Cohen.

Talking points

Unlucky Number Four?

SPLITSVILLE. Dianna Agron and her I Am Number Four co-star Alex Pettyfer have split after less than a year together, according to Us Weekly. Sources say Agron has also moved out of the home she was sharing with the British actor. Less than a month ago, reports circulated that the pair was engaged to be married.

METRO

Celebrity tweets

Jessica Alba [@jessicaalba]

No matter how full I am my tummy rumbles when I get a whiff of fresh popcorn. Ever happen to you?

Howard Stern [@HowardStern]

Watching american idol. I have gas but I'm holding it in out of respect for my wife.

Lainey's Oscar file

BEST ACTRESS: JENNIFER LAWRENCE

Winter's Bone

Lawrence's nickname is "Nitro," given to her because growing up in Kentucky she was a self-described tomboy who excelled at several sports and even played on an all-boys basketball team.

And don't accuse her of going all Hollywood. Lawrence has insisted that there's a lot of "redneck" in her still, once joking that she's "attracted to her brother."

THE 83RD ANNUAL ACADEMY AWARDS AIR LIVE SUNDAY AT 8:30 P.M. ET ON CTV. CANADA'S OFFICIAL RED CARPET SPECIAL ETALK AT THE OSCARS AIRS ON CTV (6:30 P.M. ET), /A\ (6:30 P.M. ET) AND E! (8 P.M. ET). VISIT CTV.CA FOR LOCAL BROADCAST DETAILS. CTV COVERS THE OSCARS FROM EVERY ANGLE, BRINGING VIEWERS MORE THAN 15 HOURS OF OSCARS ACTION ACROSS CTV, E! AND /A\.

LAINEY, ETALK CORRESPONDENT AND AUTHOR OF LAINEYGOSSIP.COM

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ALL NEW EPISODE
RICK MERCER REPORT
This week, love blossoms as Rick hangs with man's best friend at the Pet Fun Fest in Toronto.
cbc.ca/mercerreport
Tonight at 8/8:30NT
followed by InSecurity
CBC

3 life

Fitness future

Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved Her third story appears on Metronews.ca today. METRO

Self-injury YouTube videos may reinforce behaviour among viewers, study suggests

CARE enough to walk in their shoes

Celebrity fitness trainer Ramona Braganza shares her new cause: CARE Canada's Walk in Her Shoes

RAMONA BRAGANZA
LIFE@METRONEWS.CA

Get ready to do some serious walking.

I always considered walking to be a terrific way to get fit, so when CARE got in touch with me to help them out with such a unique and worthy cause, I was more than excited to participate. CARE's Walk in Her Shoes is not only a great way to get fit, but to also experience what it must feel like to be one of millions of women and girls around the world who must walk an average of six kilometres (8,000 steps) a day to collect water or firewood, all the while carrying the equivalent of a heavy suitcase just to survive.

Here in Canada, the average person walks only 2,000 steps a day. For us walking is not a means of survival, but it can be a great way to get fit. Walking 8,000 steps over the course of a day has such great benefits: studies show that walking can, among other things, reduce the risk of heart disease, lower blood pressure and reduce body fat. It requires no special training and no special equipment, and it's something we are meant as humans to do naturally.

Also, it can be a lot of fun.

Participating in the Walk in Her Shoes one week challenge is a great way to get hooked on walking on a regular basis. The pedometer you receive is a great tool to keep you accountable — almost like having a trainer right there beside you.

As a trainer I have a few tips that I'll share with you over the next two weeks as I train along-side other Walk in Her Shoes participants. Visit metronews.ca/walkinhershoes to learn more.

The most important tip to help you get started: Wear proper shoes. They must fit well, flex well and give you enough support. Walking shoes should be flat.

Comfortable running shoes work best for most walking programs.

To take part

To help break the cycle of poverty and in celebration of the 100th anniversary of International Women`s Day on March 8, CARE is challenging Canadians to either walk 8,000 steps a day from March 2, finishing on International Women`s Day; or, build their own Walk in Her Shoes challenge, setting their own step count and timeframe.

- Visit care.ca/walkinhershoes and sign-up for Walk in Her Shoes or make a donation to support the challenge and CARE's work.
- For more tips from Ramona Braganza, visit metronews.ca/walkinhershoes

RAMONA BRAGANZA

▶ CARE's challenge to Canadians: Walk 8,000 steps every day from March 2 until International Women's Day on March 8, or build your own Walk in Her Shoes challenge, setting a step count and timeframe that works best for you.

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Pasta that sees no shape

Comfort food is tasty and easy when you use pantry staples.

Pasta Con Piselli is a pasta in which shape does not matter. For example, having a cup-shaped pasta like orecchiette or shells is perfect to contain the peas while you enjoy the pasta.

You can also add some chopped ham for a heartier meal.

Preparation:

1. In large pot of boiling salted water, cook pasta and potato for about 10 minutes or until pasta is al dente and potato is tender. Drain and return to pot reserving 1 cup (250 mL) of the cooking water.
2. Meanwhile, in non-stick skillet heat oil over medium heat and cook onion, garlic and oregano for 3 minutes or until softened. Add peas, water, parsley, salt and pepper; bring to a simmer. Cover and cook for 5 minutes for flavours to combine. Add to drained pasta along with cheese and enough of the reserved water to moisten.

Ingredients:

- 4 cups (1 L) shell pasta
- 1 large Yukon Gold potato, peeled and diced
- 2 tbsp (25 mL) extra virgin olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 3/4 tsp (4 mL) oregano
- 2 cups (500 mL) frozen peas
- 1/4 cup (50 mL) water
- 2 tbsp (50 mL) chopped fresh Italian parsley
- 1/4 tsp (1 mL) salt
- Pinch pepper
- 1/4 cup (50 mL) grated Parmesan cheese

EMILY RICHARDS

▶ This meal can be made with pasta of any shape.

ISTOCK

Turkey and Broccoli Pasta

EMILY RICHARDS
FOOD@METRONEWS.CA

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp (10 mL) oregano
- Pinch hot pepper flakes
- 1 can (28 oz/796 mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- Pinch pepper
- 4 cups (1 L) penne pasta
- 3 cups (750 mL) chopped fresh broccoli
- 6 oz (180 g) deli sliced roast turkey, chopped
- 1/4 cup (50 mL) Italian parsley
- 1/3 cup (75 mL) grated Parmesan cheese

Preparation:

1. In non-stick skillet heat oil over medium heat and cook onion, garlic, oregano and chillies for about 5 minutes or until softened. Add tomatoes and salt; bring to boil. Reduce heat and simmer for about 15 minutes or until thickened.
2. Meanwhile in large pot of boiling salted water cook pasta for 8 minutes. Add broccoli and cook for 2 minutes or until pasta and broccoli are tender but firm. Drain and return to pot. Add tomato sauce, turkey, parsley and Parmesan and toss to coat.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Do you have Type 2 Diabetes?

The University of Victoria, Centre on Aging, Ladner Office, is conducting important research on self-management programs and needs individuals over 21 who live with Type 2 Diabetes for their study.

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LIFE IS FULL OF SURPRISES

▶ Monika & Tomasz

Names: Monika, 35, and Tomasz, 33

Hometown: Edmonton

Together since: 2008

Their story:

If there is one thing I (Monika) know for sure, it's that life is full of surprises, so be prepared!

I met my husband two years ago, thanks to "Our Class" — a sort of Polish Facebook.

Tom came across my profile as we had some mutual friends. When he noticed that we grew up in the same city in Poland, and that we both lived in Dublin at that time, he decided to email me.

Normally I wouldn't reply to strangers, but something just told me to write back.

After few days of emailing, we decided to meet. Before our first date, Tom told his friends that he had a feeling I would become his wife.

We started dating and were soon spending every minute together.

After a few months, I received a lovely birthday present: Tom whisked me away to Paris for a fantastic getaway! One night was particularly special: We went for a dinner near the Eiffel Tower and Tom proposed to me at midnight — I immediately said yes! In 2009, we were married in Poland. We moved to Edmonton shortly thereafter to begin our new life as husband and wife.

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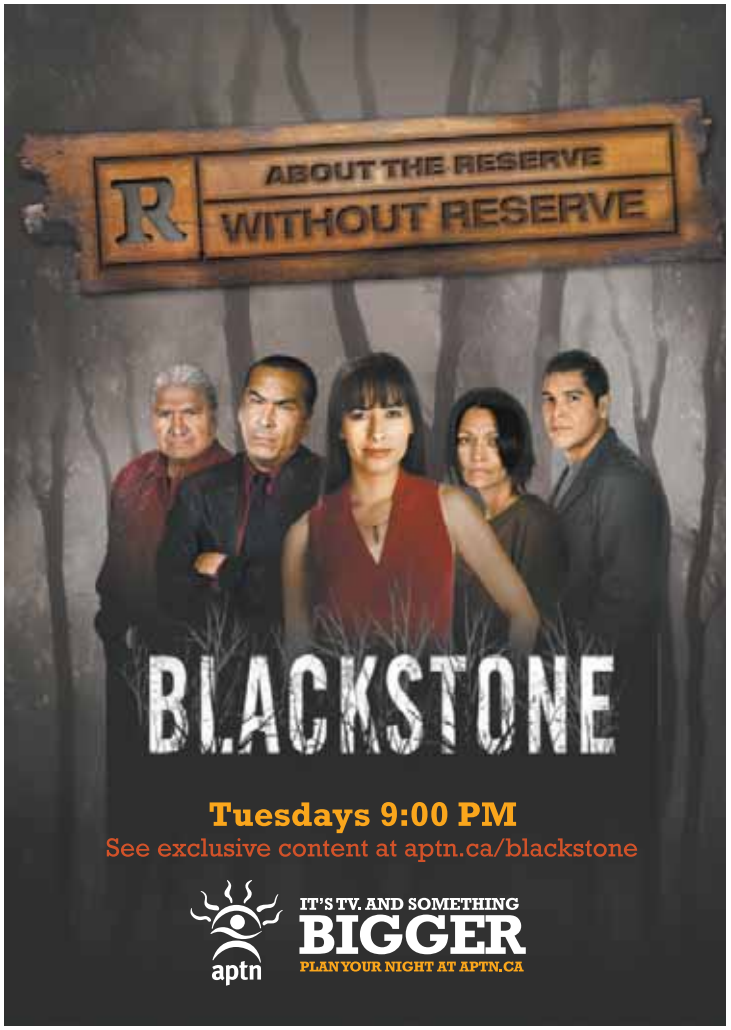

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Five big before-you-borrow ifs

ISTOCK

▶ Be realistic. Are you ready for your newfound riches?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Here's how borrowing to contribute to your RRSP (in the biz world it's called leveraging), is supposed to work. You take out a loan, make the contribution, get a tax deduction and, hopefully, a refund. You repay the loan, the investments grow and you live happily ever after.

It's a great idea, on paper. In reality, I rarely see it work. People invariably fail to look at their own behaviour. If you haven't been able to make the RRSP contributions throughout the year, how are you going to pay back the loan?

I'm not ruling out borrowing for your RRSP contributions – but only if you can say yes to these five IFs.

If you have a taxable income You'd be shocked how often those with contribution room, but no taxable income, contemplate borrowing to deposit money in their RRSPS.

Obviously, the higher your marginal tax rate, the better the strategy looks. But don't forget that interest on money borrowed to contribute to an RRSP is not tax deductible.

If you don't have high interest, non-mortgage debt It makes absolutely no sense to borrow money for an RRSP when you're already paying high rates on credit card debt, (usually between 12 and 19 per cent), or on retail card balances (up to 29.9 per cent).

If you're disciplined enough to take the tax refund and slap it on the loan

If you can pay back the loan quickly Most in the financial industry suggest aiming for a year, maximum, to discharge the debt, and I agree. By not paying it off within a year you risk making it a permanent part of your debt load.

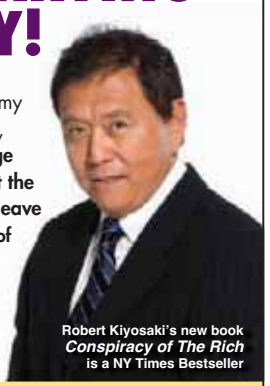
If you can invest the money wisely There's nothing more disheartening than borrowing to contribute to your RRSP then seeing that money shrink by 20 or 30 per cent because of stock market losses.

Money matters

If you can say yes to the five IFs, take a look at Credit Canada's RRSP loan calculator to see how it might work out for you.
creditedcationweekcanada.com/calculators/rrsploan.html

DISCOVER WHAT I KNOW AND STOP WORRYING ABOUT MONEY!

I believe what is happening to the global economy right now is NOT a "normal" cycle of recession, but **a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.**



Robert Kiyosaki's new book *Conspiracy of The Rich* is a NY Times Bestseller

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Robert Kiyosaki will not attend this event.

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The great pension debate

At some point you will have to make a choice about your pension Should you keep it with your employer, or should you take a lump sum cash payment and roll it into an RRSP?

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS

It's now estimated that fewer than 40 per cent of Canadians are covered by a registered pension plan.

A report by the Certified General Accountants Association of Canada (CGAAG) concludes that "the ability of Canadians to maintain a financially comfortable and healthy lifestyle after retirement has become one of the nation's most vexing challenges."

Canadian workers will at some point in their careers have to make a choice about their pensions — whether they keep it with their employer or whether they take their contributions in a lump sum cash payment.

"What's the best choice to make?" asks Scott Gerlitz, a financial adviser with Edward Jones in Calgary. "It's a big question. Unfortunately, many people don't know all their options and all the factors they should consider."

"If you have a family history of people dying early, and you don't expect to live long yourself, it may make sense to have the cash now," Gerlitz says. "Some folks may want to spend money on travel and other things while they are still healthy enough to enjoy them."

Many pensions don't have inflation protection. Most Canadians can expect to live in retirement for 30 to 35 years. An annual inflation rate of three per cent a year over 30 years can significantly reduce the buying power of a fixed pension at the end of that 30-year period.

Some options include taking your lump sum and rolling it into a personal RRSP or Locked-in Retirement Account (LIRA) and investing it in income-generating investments, such as GICs, bonds or blue chip dividend-yielding equities, which can grow over the years and provide protection against inflation.

You've also got to think about the long-term future and viability of your pension payer. Just think of Nortel and Enron. "If people had drawn their pensions they'd have all of it instead of zero," says Gerlitz. "As well, defined benefit pensions are going the way of the dodo bird."

There are basically two types of retirement plans: Defined Benefit plans pay fixed amounts, typically between 60 to 70 per cent of the worker's salary.

Defined Contribution plans, however, have a fixed contribution, usually based on a percentage of the employee's salary and a portion of that matched by the employer, with the employee taking full responsibility for managing the money. "You need to know what kind of person you are and how responsible an investor you are," Gerlitz says. "Studies have shown that people spend more time planning their vacations than they do their retirement."

Another thing to consider is what happens to the money if you die. Depending on the plan, the surviving spouse usually is entitled to between 50 to 66 per cent of the pension. If the money had been withdrawn from the plan, then 100 per cent can be transferred to the surviving spouse.

ISTOCK

▶ Build a better future by planning for your retirement.

Income splitting

Pension income splitting can be a smart way to save on taxes, especially if you're retired or nearing retirement.

- "You can split registered pension plan income with your spouse and help save taxes, but you should also make sure you don't cause yourself other problems," said David Ablett, a retirement planning expert at Investors Group. "For example, many people aren't aware that increasing the income of the lower taxed spouse could have an impact on various credits and benefits such as claiming medical expenses."
- Financial tips and investment information are available online at investorsgroup.com.

NEWS CANADA

3 LAST-MINUTE RRSP TIPS

Find an advisor

- Chasing returns or the next big thing can only lead to disappointment. Guidance from an experienced investment advisor will take emotion out of the mix and help you meet your financial goals. More information on finding an advisor is available on websites like franklintempleton.ca.

Contribute now

- Don't worry about how to invest your RRSP contribution. Temporarily park your contribution in a money market fund today and rebalance your portfolio tomorrow.

Diversify, diversify, diversify

- Canada's equity market represents only about five per cent of the world's entire stock market. It makes sense to diversify your portfolio and invest in global markets. Consider different asset classes to limit risk.

NEWS CANADA

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Rethink retirement

Good planning starts with asking the right questions A financial planner can help you address your unique situation at all stages of life

Have you contributed to an RRSP?

This is an important consideration for many Canadians, although it's not necessarily the only question to ask when it comes to planning for your retirement.

"Good planning starts with asking the right questions," says Cary List, president and CEO of the not-for-profit organization Financial Planning Standards Council (FPSC).

"One of the most important questions Canadians should ask themselves is: Do I have a comprehensive financial plan that addresses my unique life goals, including those for retirement?"

A recent FPSC study confirmed that 61 per cent of Canadians with comprehensive financial plans feel confident in their ability to retire compared with only 27 per cent who seek no planning advice.

Additionally, the study revealed that these folks are also finding ways to put aside money for other life priorities along the way.

FPSC encourages Canadians to talk to a certified financial planner about their life goals, including retirement, to create a meaningful financial plan.

"Asking the right questions with a CFP professional can make all the difference when it comes to ensuring your financial plan uniquely addresses your situation for all stages of life," adds List.

You can learn more about financial planning online at fpsc.ca.

NEWS CANADA

Ask an advisor:

- How can I balance saving for both today's needs and retirement without sacrificing my most important priorities and goals along the way?
- When do I plan to retire, and what kind of lifestyle do I want?
- What are my expected sources of income in retirement (such as pensions, savings, inheritances or sale of a business)?
- What do I want my legacy to be and how might I include planned giving in my financial plan?
- What unique personal circumstances need to be considered in my financial and retirement planning?
- Should I invest in RRSPs, TFSAs and/or non-registered investments? How does my retirement plan fit in with my overall comprehensive plan?

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	59	39	15	2	3	196	149	83	19-8-0-2	20-7-2-1	7-3-0-0	W1
d-Tampa Bay	59	34	18	3	4	179	185	75	19-7-1-3	15-11-2-1	5-3-0-2	L3
d-Boston	59	33	19	2	5	185	144	73	15-12-1-2	18-7-1-3	5-5-0-0	W2
Pittsburgh	61	36	20	2	3	178	147	77	20-11-1-0	16-9-1-3	4-5-0-1	L2
Washington	61	32	19	5	5	165	153	74	17-7-2-5	15-12-3-0	5-4-0-1	W2
Montreal	60	31	22	4	3	154	154	69	19-7-3-3	12-15-1-0	4-4-0-2	L3
NY Rangers	61	31	26	2	2	168	152	66	14-14-1-2	17-12-1-0	2-7-0-1	L2
Carolina	60	28	24	4	4	174	184	64	15-10-1-1	13-14-3-3	3-5-2-0	L1
Buffalo	58	27	25	6	0	166	171	60	12-15-2-0	15-10-4-0	5-4-1-0	L3
Atlanta	60	25	25	4	6	173	197	60	13-12-1-4	12-13-3-2	2-7-1-0	L3
Florida	59	25	27	3	4	155	163	57	12-11-3-3	13-16-0-1	3-5-1-1	L1
Toronto	59	25	27	3	4	150	179	57	13-11-3-3	12-16-0-1	6-2-1-1	L1
New Jersey	59	25	30	3	1	128	161	54	13-13-2-1	12-17-0-1	9-0-1-0	W7
NY Islanders	60	23	30	3	4	166	196	53	12-14-1-3	11-16-2-1	7-3-0-0	W2
Ottawa	59	19	31	5	4	132	194	47	9-16-2-3	10-15-3-1	2-6-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	60	38	13	4	5	202	142	85	21-4-1-4	17-9-3-1	7-3-0-0	W1
d-Detroit	59	37	16	4	2	199	169	80	17-8-3-1	20-8-1-1	7-3-0-0	W5
d-Phoenix	60	32	19	6	3	172	167	73	15-10-3-2	17-9-3-1	8-2-0-0	W7
San Jose	60	33	21	4	2	167	154	72	15-10-2-1	18-11-2-1	7-2-0-1	W3
Nashville	59	31	20	5	3	156	139	70	14-6-4-3	17-14-1-0	4-4-1-1	L1
Calgary	61	31	22	3	5	185	175	70	18-9-1-2	13-13-2-3	7-1-1-1	W3
Los Angeles	59	32	23	2	2	163	142	68	17-9-1-0	15-14-1-2	6-1-1-2	L2
Dallas	59	31	22	2	4	164	171	68	17-8-2-3	14-14-0-1	2-7-1-0	L4
Minnesota	59	31	22	1	5	154	155	68	15-12-0-3	16-10-1-2	6-3-0-1	L1
Anaheim	60	32	24	2	2	169	178	68	17-9-0-1	15-15-2-1	6-4-0-0	L3
Chicago	60	31	23	2	4	191	169	68	18-14-0-0	13-9-3-3	5-3-0-2	W2
Columbus	58	29	23	3	3	159	175	64	14-13-0-2	15-10-3-1	5-4-0-1	W1
St. Louis	58	27	22	4	5	163	172	63	18-9-1-3	9-13-3-2	5-3-1-1	L1
Colorado	59	25	27	7	0	173	202	57	14-14-4-0	11-13-3-0	0-9-1-0	L10
Edmonton	59	19	32	1	7	150	198	46	10-17-1-3	9-15-1-3	4-6-0-0	W3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Chicago 5 St. Louis 3
N.Y. Islanders 5 Florida 1
Washington 1 Pittsburgh 0

Sunday's results
Calgary 4 Montreal 0
Chicago 3 Pittsburgh 2 (SO)
Detroit 2 Minnesota 1 (SO)
Philadelphia 4 N.Y. Rangers 2
Washington 2 Buffalo 1

Tonight's games
N.Y. Islanders at Toronto, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
San Jose at Detroit, 7 p.m.
Nashville at Columbus, 7 p.m.
Edmonton at Minnesota, 8 p.m.
Colorado at St. Louis, 8 p.m. (rescheduled from Feb. 1)
New Jersey at Dallas, 8:30 p.m.
Montreal at Vancouver, 10 p.m.

ISLANDERS 5, PANTHERS 1

First Period
1. N.Y. Islanders, Moulson 24 (Tavares, Hamonic) 7:40
2. N.Y. Islanders, Moulson 25 (Parenteau, Hamonic) 14:58

Penalties — Garrison Fla (holding) 12:35, Weiss Fla (elbowing major, game misconduct) 15:40.

Second Period
3. N.Y. Islanders, Martinek 2 (Nielsen) 0:37 (pp)
4. N.Y. Islanders, Bailey 9 (Comeau, MacDonald) 6:41

Penalties — Hamonic NYI (hooking) 2:09, Ellerby Fla (holding) 9:37, Bernier Fla (fighting), Hamonic NYI (instigator, instigator, fighting; served by Haley) 18:36.

Third Period
5. Florida, Santorelli 17 (Garrison, Wideman) 10:34 (pp)
6. N.Y. Islanders, Moulson 26 (Hillen, Konopka) 17:23 (en)

Penalties — Allen Fla (interference) 3:41, Martinek NYI (tripping) 8:38, Hillen NYI (delay of game) 19:55.

Shots

Florida	3	9	9—21
N.Y. Islanders	16	9	12—37

Goal — Florida: Vokoun (L,19-21-4); N.Y. Islanders: Montoya (W,3-0-0). **Power plays (goals-chances)** — Florida: 1-5; N.Y. Islanders: 1-5.

Att. — 13,729 (16,234) at Uniondale, N.Y.

HAWKS 5, BLUES 3

First Period
1. St. Louis, McDonald 13 (Berglund, Pietrangelo) 15:04 (pp)
2. St. Louis, Boyes 12 (Oshie, Winchester) 16:49

Penalty — Brouwer Chi (interference) 14:24.

Second Period
3. Chicago, Stalberg 9 (Kopecky, Johnson) 2:18
4. Chicago, Bolland 13 (Hossa, Bickell) 3:18
5. Chicago, Kane 20 (Toews, Sharp) 6:29
6. Chicago, Toews 20 (Kane, Seabrook) 12:40 (pp)

Penalties — Backes StL (slashing) 12:14, Kane Chi (high-sticking) 18:27.

Third Period
7. St. Louis, Pietrangelo 7 (Oshie, Berglund) 8:48
8. Chicago, Hossa 13 (Seabrook, Johnson) 19:59 (en)

Penalties — None.

Shots

Chicago	9	10	7—26
St. Louis	15	14	5—34

Goal (shots-saves) — Chicago: Crawford (W,20-12-3); St. Louis: Bishop (L,1-1-0)(18-14), Conklin (12:40 second)(7-7). **Power plays (goals-chances)** — Chicago: 1-1; St. Louis: 1-2.

Att. — 19,150 (19,150) at St. Louis.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	45	77
Stamkos, TB	40	35	75
H.Sedin, Vcr	14	58	72
St. Louis, TB	20	49	69
Crosby, Pgh	32	34	66
Perry, Ana	30	36	66
Zetterberg, Det	17	48	65
B.Richards, Dal	24	39	63
Ovechkin, Wash	23	38	61
E.Staal, Car	27	31	58
Iginla, Cal	25	32	57
Kesler, Vcr	33	23	56
Eriksson, Dal	19	36	55
Selanne, Ana	19	36	55
Kopitar, LA	17	38	55
Giroux, Pha	20	34	54

Not including last night's games

GAMES

CANADA GAMES

MEDAL STANDINGS

At Halifax

Province	Gold	Silver	Bronze	Total
Quebec	27	26	18	71
B.C.	14	14	16	44
Ontario	14	13	14	41
Alberta	12	11	16	39
Saskatchewan	4	2	3	9
Manitoba	2	2	4	8
N.B.	0	2	3	5
N.L.	0	1	3	4
Yukon	3	0	0	3
Nova Scotia	1	0	1	2
N.W.T.	0	0	0	0
Nunavut	0	0	0	0
P.E.I.	0	0	0	0

SOCCER

SPAIN

LA LIGA

Yesterday's result
Real Sociedad 1 Mallorca 0

ENGLAND

FA CUP

Fifth Round
Yesterday's result
West Ham 5 Burnley 1

TENNIS

WTA QATAR LADIES OPEN

At Doha, Qatar
Singles
First Round
Lucie Safarova, Czech Republic, def. Agnieszka Radwanska (7), Poland, 7-6 (3), 6-3.
Marion Bartoli, France, def. Alisa Kleybanova, Russia, 7-5, 6-2.
Nadia Petrova, Russia, def. Roberta Vinci, Italy, 6-4, 6-2.

ATP DUBAI DUTY FREE CHAMPIONSHIPS

At Dubai, United Arab Emirates
Singles
First Round
Tomas Berdych (3), Czech Republic, def. Jeremy Chardy, France, 6-2, 6-3.
Sergei Bubka, Ukraine, def. Ivan Ljubicic (5), Croatia, 6-1, 0-1 (retired).
Ernests Gulbis (8), Latvia, def. Michael Berrer, Germany, 6-3, 6-4.
Philipp Petzschner, Germany, def. Andreas Seppi, Italy, 3-6, 7-6 (2), 6-2.
Lukas Rosol, Czech Republic, def. Karol Beck, Slovakia, 7-6 (2), 6-3.
Richard Gasquet, France, def. Grigor Dimitrov, Bulgaria, 6-2, 6-4.
Florian Mayer, Germany, def. Jarkko Nieminen, Finland, 6-4, 6-2.

ATP WORLD TOUR RANKINGS

Through Feb. 20
1. Rafael Nadal, Spain, 12390
2. Roger Federer, Switzerland, 7965
3. Novak Djokovic, Serbia, 7880
4. Robin Soderling, Sweden, 6055
5. Andy Murray, Britain, 5760
6. David Ferrer, Spain, 4510
7. Tomas Berdych, Czech Republic, 4270
8. Andy Roddick, United States, 3735
9. Fernando Verdasco, Spain, 3140
10. Jurgen Melzer, Austria, 2865
11. Mikhail Youzhny, Russia, 2710
12. Gael Monfils, France, 2560
13. Nicolas Almagro, Spain, 2320
14. Ivan Ljubicic, Croatia, 2145
15. Stanislas Wawrinka, Switzerland, 2125
16. Mardy Fish, United States, 2121
17. Jo-Wilfried Tsonga, France, 1975
18. Viktor Troicki, Serbia, 1670

Also
37. Milos Raonic, Thornhill, Ont., 1134

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
DETROIT TIGERS—Agreed to terms with RHP Robbie Weinhardt, LHP Andy Oliver, LHP Daniel Schlereth, LHP Brad Thomas, INF Cale Iorg and INF Will Rhymes on one-year contracts.
SEATTLE MARINERS—Agreed to terms with RHP Doug Fister, RHP Jose Flores, LHP Cesar Jimenez, RHP Josh Lueke, RHP Yorvis Medina, LHP Edward Paredes, RHP Michael Pineda, LHP Mauricio Robles, RHP Chaz Roe, RHP Tom Wilhelmsen, INF Alex Liddi, INF Matt Mangini, INF Justin Smoak, INF Matt Tuiasosopo, OF Johermyn Chavez and OF Carlos Peguero on one-year contracts.

NATIONAL LEAGUE

ATLANTA BRAVES—Signed executive vice president and general manager Frank Wren to a two-year contract extension through the 2013 season.
HOUSTON ASTROS—Agreed to terms with RHP Alberto Arias on a one-year contract.
NEW YORK METS—Named Dave Jauss coordinator of staff development, Brian Chicklo medical coordinator, Rick Tomlin roving pitching instructor, Mark Brewer short-season roving pitching instructor, Jack Voigt outfield/baserunning coordinator and Randy Niemann rehabilitation pitching coordinator.
WASHINGTON NATIONALS—Announced RHP Luis Atilano cleared waivers and was assigned to Syracuse (IL).

AMERICAN ASSOCIATION

AMARILLO SOX—Traded INF Javier Brito to Sioux City for RHP Chad Povich and a player to be named.
FORT WORTH CATS—Signed RHP Doug Hurn.

CAN-AM LEAGUE

NEW JERSEY JACKALS—Signed LHP Isaac Pavlik.
WORCESTER TORNADOES—Signed INF Abraham O. Nunez.

FRONTIER LEAGUE

GATEWAY GRIZZLIES—Signed SS Jeremy Cresswell and OF Lyndon Estill.
JOLIET SLAMMERS—Signed LHP Keith Rizor, RHP Spencer Roberts, OF Nate Shaver and OF Clint Stroud.
LAKE ERIE CRUSHERS—Signed RHP Matt Smith to a contract extension.
NORMAL CORNBELTERS—Signed OF Colin Moro.

FOOTBALL

NFL

CINCINNATI BENGALS—Named James Urban receivers coach.
MIAMI DOLPHINS—Named Bryan Cox pass rush coach.
MINNESOTA VIKINGS—Designated LB Chad Greenway as the franchise player.

HOCKEY

NHL

OTTAWA SENATORS—Assigned G Pascal Leclaire to Binghamton (AHL) for conditioning.
ST. LOUIS BLUES—Assigned D Tyson Strachan to Peoria (AHL).
VANCOUVER CANUCKS—Called up C Cody Hodgson from Manitoba (AHL). Sent D Evan Oberg to Manitoba.

AHL

CONNECTICUT WHALE—Signed F Alexandre Imbeault. Reassigned G Cameron Talbot to Greenville (ECHL).

ECHL

READING ROYALS—Announced D Louis Liotti was loaned to Lake Erie (AHL). Acquired G Bobby Jarosz from South Carolina for future considerations. Released G Shane Davis. Announced F Ryan Cruthers was assigned to the team by Hershey (AHL).

CURLING

SCOTTIES TOURNAMENTS OF HEARTS

At Charlottetown
Round Robin

Province (Skip)	W	L
Ontario (Homan)	5	0
Saskatchewan (Holland)	5	0
Canada (J.Jones)	3	2
Alberta (Kleibrink)	3	2
Nova Scotia (Smith-Dacey)	3	2
Quebec (Larouche)	2	3
New Brunswick (A.Kelly)	2	3
P.E.I. (Birt)	2	3
B.C. (K.Scott)	2	3
Manitoba (Overton-Clapham)	1	4
NWT/Yukon (Galusha)	1	4
N.L. (S.Devereaux)	1	4

Yesterday's results
Sixth Draw
Ontario 8 Prince Edward Island 2
Saskatchewan 8 Alberta 6
Seventh Draw
Canada 9 New Brunswick 3
Northwest/Yukon Territories 6 Newfoundland & Labrador 5
Nova Scotia 12 British Columbia 6
Quebec 7 Manitoba 6
Eighth Draw
Alberta 8 Newfoundland & Labrador 5
Ontario 6 British Columbia 5
Prince Edward Island 8 Canada 6
Saskatchewan 7 Quebec 6
Sunday's results
Third Draw
British Columbia 6 Manitoba 4
Canada 12 Northwest/Yukon Territories 1
Newfoundland & Labrador 10 New Brunswick 4
Quebec 10 Nova Scotia 5
Fourth Draw
Alberta 7 British Columbia 6 (extra end)
Ontario 7 Newfoundland & Labrador 1
Prince Edward Island 10 Quebec 5
Saskatchewan 9 Canada 3
Fifth Draw
New Brunswick 9 Manitoba 3
Nova Scotia 8 Northwest/Yukon Territories 2
Ontario 10 Alberta 7
Saskatchewan 10 Prince Edward Island 6
Today's games
Ninth Draw, 8:30 a.m.
Nova Scotia vs. Manitoba; Canada vs. British Columbia; New Brunswick vs. Northwest/Yukon Territories; Newfoundland & Labrador vs. Quebec.
Draw 10, 1:30 p.m.
British Columbia vs. Quebec; Prince Edward Island vs. Alberta; Newfoundland & Labrador vs. Canada; Ontario vs. Saskatchewan.
Draw 11, 6:30 p.m.
Northwest/Yukon Territories vs. Saskatchewan; New Brunswick vs. Ontario; Nova Scotia vs. Prince Edward Island; Alberta vs. Manitoba.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	9	7	2	.778	101	78	—
Boston	9	6	3	.667	99	81	1
Buffalo	7	4	3	.571	78	67	2
Rochester	8	4	4	.500	72	87	2½
Philadelphia	8	4	4	.500	69	81	2½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	8	2	6	.250	84	97	3
Colorado	8	1	7	.125	70	94	4

WEEK EIGHT
Saturday's games
Toronto at Philadelphia, 7:30 p.m.
Edmonton at Rochester, 7:35 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	40	14	.741	—
d-Miami	41	15	.732	—
d-Chicago	38	16	.704	2
Orlando	36	21	.632	5½
Atlanta	34	21	.618	6½
New York	28	26	.519	12
Philadelphia	27	29	.482	14
Indiana	24	30	.444	16
Charlotte	24	32	.429	17
Milwaukee	21	34	.382	19½
Detroit	21	36	.368	20½
New Jersey	17	40	.298	24½
Washington	15	39	.278	25
Toronto	15	41	.268	26
Cleveland	10	46	.179	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	46	10	.821	—
Dallas	40	16	.714	6
d-L.A. Lakers	38	19	.667	8½
d-Oklahoma City	35	19	.648	10
Portland	32	24	.571	14
New Orleans	33	25	.569	14
Denver	32	25	.561	14½
Memphis	31	26	.544	15½
Utah	31	26	.544	15½
Phoenix	27	27	.500	18
Golden State	26	29	.473	19½
Houston	26	31	.456	20½
L.A. Clippers	21	35	.375	25
Sacramento	13	40	.245	31½
Minnesota	13	43	.232	33

d – division leader
Sunday's result
West 148 East 143
Tonight's games
(All time Eastern)
Toronto at Charlotte, 7 p.m.
Indiana at Washington, 7 p.m.
Houston at Detroit, 7:30 p.m.
Sacramento at Miami, 7:30 p.m.
Minnesota at Milwaukee, 8 p.m.
L.A. Clippers at Oklahoma City, 8 p.m.
Memphis at Denver, 9 p.m.
Boston at Golden State, 10:30 p.m.
Atlanta at L.A. Lakers, 10:30 p.m.
Tomorrow's games
Oklahoma City at San Antonio, 7 p.m.
Houston at Cleveland, 7 p.m.
Detroit at Indiana, 7 p.m.
Sacramento at Orlando, 7 p.m.
Washington at Philadelphia, 7 p.m.
Chicago at Toronto, 7 p.m.
Milwaukee at New York, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
Utah at Dallas, 8:30 p.m.
Atlanta at Phoenix, 9 p.m.
L.A. Clippers at New Orleans, 9:30 p.m.
L.A. Lakers at Portland, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	50	478	397	1444	28.9
Stoudemire, NYK	53	521	333	1384	26.1
James, MIA	54	489	362	1408	26.1
Wade, MIA	52	466	344	1320	25.4
Ellis, GOL	55	524	256	1394	25.3
Anthony, DEN	50	437	343	1259	25.2
Bryant, LAL	57	511	336	1432	25.1
Rose, CHI	53	481	275	1318	24.9
Gordon, LAC	41	333	242	988	24.1
Martin, HOU	55	364	414	1263	23.0
Howard, ORL	55	445	365	1255	22.8
Griffin, LAC	56	488	293	1276	22.8
Nowitzki, DAL	47	388	242	1067	22.7
Aldridge, POR	56	492	263	1250	22.3
Westbrook, OKC	54	405	371	1200	22.2
Bargnani, TOR	50	415	206	1097	21.9
Williams, UTA	53	369	302	1129	21.3
Granger, IND	53	380	245	1117	21.1
Love, MIN	56	387	331	1179	21.1
Randolph, MEM	52	418	205	1046	20.1
Gay, MEM	54	409	194	1069	19.8
Lopez, NJN	57	413	280	1106	19.4
Scola, HOU	57	456	181	1093	19.2
Jackson, CHA	54	358	212	1028	19.0
West, NOR	57	434	215	1085	19.0
Pierce, BOS	54	351	239	1016	18.8
Gasol, LAL	57	411	249	1071	18.8
Bosh, MIA	52	358	241	963	18.5
Curry, GOL	47	318	144	866	18.4
Evans, SAC	46	321	164	843	18.3
Ginobili, SAN	56	310	266	1001	17.9

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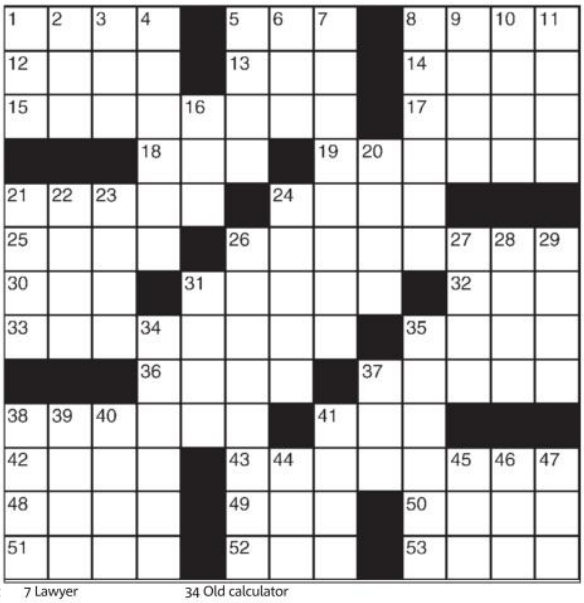
Crossword



Across

1 St. Louis team
5 Lingerie item
8 Tubular pasta
12 Concept
13 Chow down
14 Paradise
15 Historically significant symbol
17 Blueprint
18 Police officer
19 Yellow-brown colors
21 Bit part
24 Black plus white
25 Palette selections
26 Canadian city
30 Greek H
31 Trio of goddesses
32 Portion of N.A.
33 Kingdom
35 "Animal House" group
36 Taverns
37 Run off to wed
38 Tropical fruit
41 Past
42 Grand-scale tale
43 One-track transport
48 Birthright barterer
49 Prior night
50 Sorts
51 Umps
52 Spotted
53 "Monopoly" card

Down

1 Edge
2 Commotion
3 Chaps
4 Pasta toppings
5 Gridlock sound
6 Operated
7 Lawyer
8 Gentle breeze
9 Not working
10 Rip
11 Hostels
16 Cattle call
20 Eliot-based musical
21 Sci. course
22 Car
23 Intend
24 Barbarians
26 Knotted fringes
27 Franc replacement
28 Now, on a memo
29 Tardy
31 Unravel
34 Old calculator
35 Ornate, as prose
37 Id counterpart
38 Juror, in theory
39 Church section
40 Chanteuse Edith
41 From the beginning
44 Eggs
45 Hearty brew
46 Eisenhower
47 1960s hallucinogen

▶ Yesterday's answer

I	D	S		F	A	K	I	R		P	A	C
L	E	A		L	E	O	N	E		H	U	R
L	E	C	H	E	R	O	U	S		E	R	A
			R	E	O		S	C	A	R	A	B
P	A	C	E	R	S		E	U	R	O		
U	N	H		S	O	W		E	L	M	E	R
S	T	E	M		L	E	O		O	O	Z	E
S	E	R	I	F		B	U	R		N	R	A
			O	M	I	T		T	H	R	E	A	D
R	A	K	I	S	H		P	O	I			
A	G	E		H	E	R	O	D	O	T	U	S
C	U	E		E	R	A	S	E		O	R	E
Y	E	S		D	E	N	T	S		T	N	T

Sudoku

5	4						2	9
		9	3			4		
1			9		4			
3				2		7	5	
				4				
	2	4		6				8
			6		8			3
		3			1	8		
9	8						7	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	8	7	9	2	3	5	1
5	1	9	4	6	3	8	2	7
3	2	7	8	1	5	9	6	4
6	8	5	3	2	1	7	4	9
1	7	4	5	8	9	6	3	2
9	3	2	6	7	4	1	8	5
2	5	1	9	3	6	4	7	8
7	9	6	2	4	8	5	1	3
8	4	3	1	5	7	2	9	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Tima, we've been through so much awesomeness together and the best part is that we know it gets even better. Keep being cute and we'll take over the world soon =) its you and me baby! **LOVE, YOUR UBECAKES! <3**

To the greatest fiance ever, You are my rock when my legs waver, you are my light when I lose my way to darkness, and most of all you are the love that makes me the happiest I've ever been in all my life. I love you with all of my three and a quarter hearts! **WITH LOVE LOVE & MORE LOVE, VIKKE**

Erica, I thank God every day that you came into my life and cannot wait for the next time I can hold you in my arms. You are my reason for waking up every morning. **MIKE**

Today 5°/-1° Rain or snow showers 40%
Wednesday 3°/-3° Rain or snow showers 40%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may not be getting the breaks you desire, but complaining won't change anything. Take a look at your philosophy of life. Can it be improved in any way? The breaks will come when you break free of old ways.

♉ Taurus April 21-May 21 If a friend makes a suggestion today don't reject simply because it does not fit with what you want for yourself. Maybe he or she can see your situation better than you can.

♊ Gemini May 22-June 21 No matter how talented you are, there is only so far you can go on your own. The sooner you accept that, the sooner you'll make progress. Work with people who share your aims.

♋ Cancer June 22-July 22 The Sun in your fellow Water sign of Pisces will protect you from harm in most situations but that is not an invitation to take silly risks. You're not invincible.

♌ Leo July 23-Aug.23 Focus on the good things in your life and pretend that the bad things do not exist. Is it wishful thinking? Is it self-delusion? Maybe. But reality is what you want it to be.

♍ Virgo Aug. 24- Sept. 22 What happens today will test your self-restraint to its limits. Hopefully, you will resist the urge to rant and rave and make accusations because no matter what might have upset you, it's really not worth getting worked up about.

♎ Libra Sept. 23-Oct. 23 You might find it hard to make much of an effort today but why should that bother you? Everyone knows what you are capable of, so you really don't have to prove yourself.

♏ Scorpio Oct. 24-Nov. 22 The Sun in Pisces endows you with boundless energy. Just because something excites you, does not mean it will excite everyone. We're all different.

♐ Sagittarius Nov. 23-Dec. 21 It is one of the laws of the universe that the more you give, the more you get. So, go all out to bestow good things on other people today. Before you know it, good things will be flowing into your life in abundance.

♑ Capricorn Dec. 22-Jan. 20 You may be tough enough to take the slings and arrows of misfortune in your stride, but you don't have to make life difficult for yourself. You certainly don't have to face challenges alone. Get help if you need it.

♒ Aquarius Jan. 21-Feb. 18 Stop trying so hard today. That applies to all areas of your life, but especially to your finances. Money will find its way to you when you need it most.

♓ Pisces Feb. 19-March 20 Your mind is a powerful tool and the way you choose to think determines what kind of experiences come your way. Think only positive thoughts and only positive things will happen. **SALLY BROMPTON**

Caption contest

WALLY SANTANA/ THE ASSOCIATED PRESS

"Hurry up and take the picture. My leg's about to break"
WYLLUM D.

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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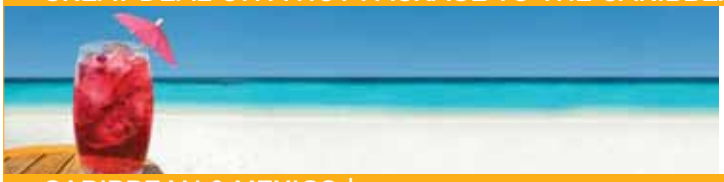

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MEXICO | Cancun/Riviera Maya
Crown Paradise Club Cancun ❀❀❀❀
All-Inclusive • Standard oceanview rm. • Mar. 5

$999
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CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS • 1 WEEK

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Allegro Varadero ❀❀❀
All-Inclusive • Superior rm. • Feb. 25 - Mar. 11
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CUBA | Varadero
Sirenis La Salina Varadero Beach Resort ❀❀❀❀
All-Inclusive • Standard rm. • Mar. 25
$1249 Add taxes & other fees: $149

JAMAICA
Sunset Jamaica Grande Resort & Spa ❀❀❀❀ PRIVILEGES
All-Inclusive • Exclusive renovated standard rm. • Mar. 4, 11 & 18
$999 Add taxes & other fees: $121

JAMAICA
Gran Bahia Principe Jamaica ❀❀❀❀½ PRIVILEGES
All-Inclusive • Junior suite • Mar. 11 & 18
$1529 Add taxes & other fees: $121

ST. MARTIN/ST. MAARTEN via Toronto
Le Flamboyant Hotel & Resort ❀❀❀½
Standard garden view rm. • Mar. 26
$1159 Add taxes & other fees: $186

MEXICO | Puerto Vallarta/Riviera Nayarit
Canto Del Sol Plaza Vallarta ❀❀❀½
All-Inclusive • Standard rm. • Mar. 5
$799 Add taxes & other fees: $138

MEXICO | Puerto Vallarta/Riviera Nayarit
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$949 Add taxes & other fees: $138

MEXICO | Ixtapa/Zihuatanejo
Fontan Ixtapa Beach Resort ❀❀❀
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DOMINICAN REPUBLIC | Punta Cana via Calgary
Gran Bahia Principe Punta Cana ❀❀❀❀½ PRIVILEGES
All-Inclusive • Junior suite • Mar. 1 - 22
$1299 Add taxes & other fees: $183

DOMINICAN REPUBLIC | Punta Cana via Calgary
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CUBA | Varadero
Iberostar Laguna Azul ❀❀❀❀½
Standard rm. • Feb. 25 - Mar. 11
$1399 Add taxes & other fees: $149

Iberostar Laguna Azul

USA | AIR & HOTEL

NEVADA | Las Vegas
Luxor Las Vegas ❀❀❀❀
Pyramid rm. • Apr. 3 & 5 • 3 nts.
$359 Add taxes & other fees: $106

HAWAII | Maui
Aston Maui Lu ❀❀
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ENGLAND | London via Toronto
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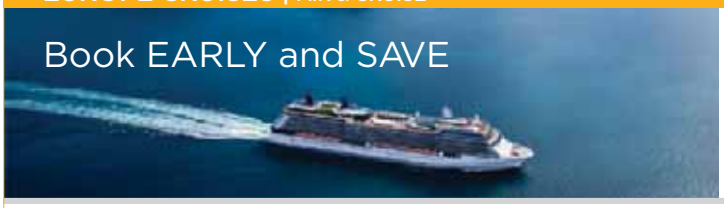

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